

SPRING

CHALLENGE

April 2 – May 13, 2012

Goal: 600 points (1 minute = 1 point)

The Spring Fitness **Challenge** is a 6-week activity to help you become more active and improve your quality of life.

Enjoy the many wonderful benefits of including physical activity into your daily lifestyle:

- Studies show that people who are physically active manage stress better, sleep better and feel better.
- Even moderate levels of physical activity may reduce the risk of heart disease, diabetes and some cancers.
- Enjoy improved health; reduced tension; improved sleep; enhanced self image; improved physical function; weight management; and much more.

How The Challenge Works:

- During the Challenge, keep track of the amount of time that you are physically active (1 minute = 1 point).
- **Your goal in this Challenge is to accumulate at least 600 points.**
- Remember, all types of physical activity counts.

How To Track Points:

- Track your activity online at the DelaWELL Health Portal <https://delawell.alerehealth.com>.
- You can use the paper tracking form for convenience.
- Be sure to record all physical activity points online by May 21, 2012.



FITNESS



Tips For Getting Physically Active:

- Participate in your favorite recreational activity with friends or family
- Walk, bike or jog to work or the store
- Park the car farther away from your destination
- Take a brisk walk at lunch
- Make household chores such as cleaning, vacuuming or yard-work more vigorous
- Walk with family and pets after dinner
- Take the stairs instead of the elevator or escalator

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